

## Health Fact Sheets

# Diabetes, 2015



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- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0<sup>s</sup> value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- <sup>P</sup> preliminary
- <sup>r</sup> revised
- X suppressed to meet the confidentiality requirements of the *Statistics Act*
- <sup>E</sup> use with caution
- F too unreliable to be published
- \* significantly different from reference category ( $p < 0.05$ )

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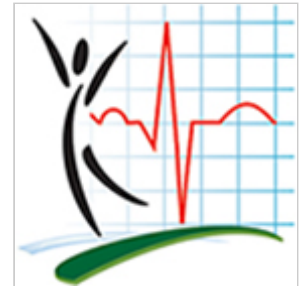
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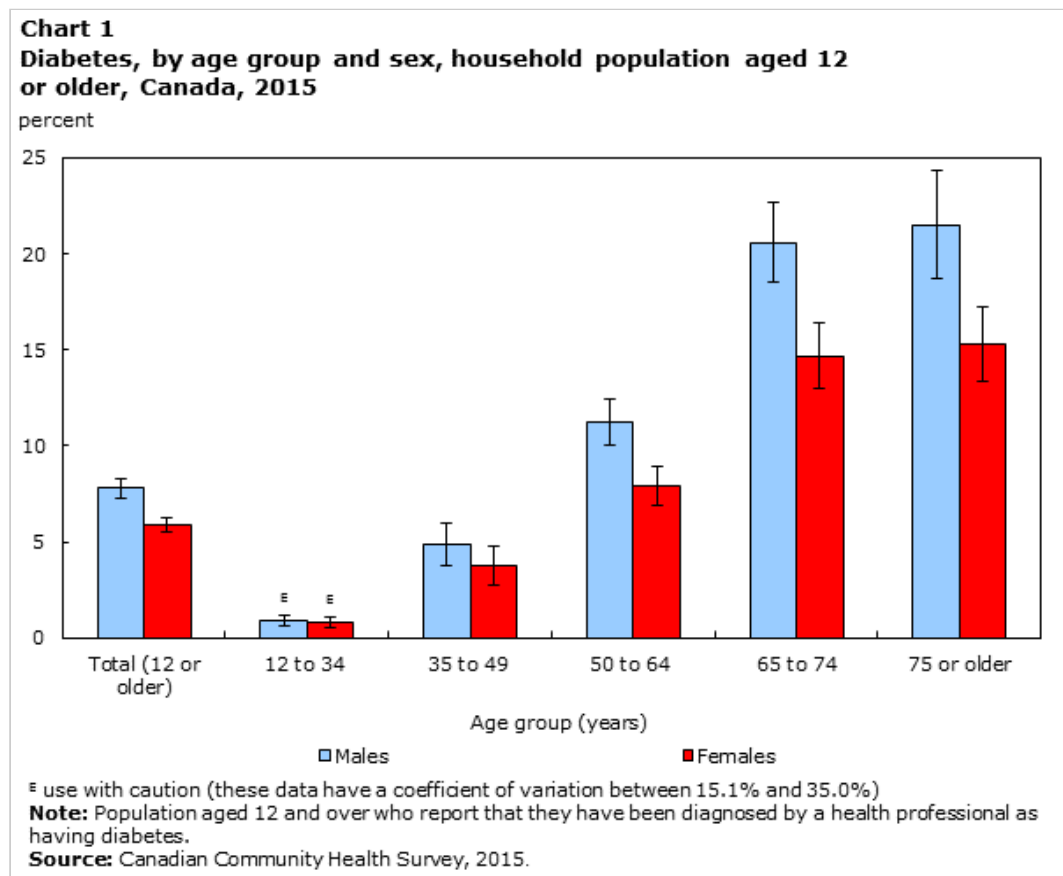
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# Health Fact Sheets Diabetes, 2015



In 2015, 6.9% of Canadians aged 12 and older (roughly 2.1 million people) reported being diagnosed with diabetes.<sup>1</sup> Overall, males (7.8%) were more likely than females (5.9%) to report that they had diabetes.<sup>2</sup> Diabetes increased with age<sup>3</sup> for both males and females up to age 64. The prevalence did not increase significantly for those aged 75 or older (Chart 1).



The proportion of residents aged 12 and older who reported being diagnosed with diabetes was **lower** than the national average (6.9%) in Alberta (4.7%).<sup>4</sup>

The proportion of residents who reported being diagnosed with diabetes was **higher** than the national average in:

- Newfoundland and Labrador (10.5%)
- Nova Scotia (10.1%)
- New Brunswick (8.8%)

The proportion of residents who reported being diagnosed with diabetes was about the same as the national average in the other provinces.

Canadians aged 18 and older who were either overweight or obese were more likely than those who were classified as having a normal weight<sup>5</sup> to report that they had been diagnosed with diabetes. The prevalence of diabetes among obese Canadians was 13.6% in 2015, compared with 6.6% among overweight Canadians and 3.2% among those classified as having a normal weight.

## About Diabetes

Diabetes occurs when the body does not produce enough insulin, or when the insulin produced is not used effectively. Diabetes may lead to a reduced quality of life as well as complications such as heart disease, stroke and kidney disease.<sup>6</sup>

Survey respondents were asked to report if they had been diagnosed with diabetes by a health professional. Included in the reports were:

- type 1, which is usually diagnosed in children and adolescents;
- type 2, which usually develops in adulthood; and
- gestational diabetes, which occurs during pregnancy.

## References

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## Data

Additional data from the Canadian Community Health Survey are available from CANSIM table 105–0508 ([www.statcan.gc.ca/cansim/a26?lang=fra&retrLang=fra&id=1050508](http://www.statcan.gc.ca/cansim/a26?lang=fra&retrLang=fra&id=1050508)) .

Aussi disponible en français. ([www.statcan.gc.ca/cgi-bin/change.cgi](http://www.statcan.gc.ca/cgi-bin/change.cgi))

## Notes

1 Estimates in this article referring to the national average or Canada rate exclude the territories. This is because the coverage of CCHS in 2015 does not represent the entire population of the territories. Only half of the communities in the territories were visited in 2015, and the other half in 2016 so analyses based on the territories is only available for two year cycles of the CCHS (e.g. 2015-2016).

2 In this article when two estimates are said to be different this indicates that the difference was statistically significant at a 95% confidence level (p-value less than 5%).

- 3 Note that the rate of diabetes for both males and females aged 12 to 34 had a coefficient of variation between 15.1% and 35.0%; interpret with caution.
- 4 Due to the fact that diabetes is strongly related to age, provinces and territories with disproportionately 'younger' populations are expected to have lower diabetes rates than the national average.
- 5 The classification as obese is based on respondent-reported height and weight, adjusted by correction factors to control for known bias, and Health Canada guidelines on body mass index (BMI). An obese individual is an adult aged 18 or older, not pregnant, with a BMI greater or equal to 30. The BMI range from 25 to less than 30 represents overweight individuals, and the range from 18.5 to less than 25 represents normal weight individuals.
- 6 James, R., T. K. Young, C.A. Mustard, and J. Blanchard. 1998. "The health of Canadians with diabetes ([www.statcan.gc.ca/access\\_acces/alternative\\_alternatif.action?l=eng&loc=http://www.statcan.gc.ca/studies-etudes/82-003/archive/1997/3477-eng.pdf](http://www.statcan.gc.ca/access_acces/alternative_alternatif.action?l=eng&loc=http://www.statcan.gc.ca/studies-etudes/82-003/archive/1997/3477-eng.pdf))." *Health Reports*. Statistics Canada, Catalogue no. 82-003. Vol. 9, no. 3. (Accessed January 11th, 2017)